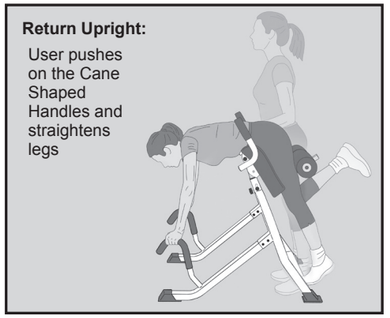
USER MANUAL



RETURNING TO THE UPRIGHT POSITION

To return to an upright position, reverse the procedure explained above:

- Push on the Cane Shaped Handles to gradually walk yourself upright, rotating the Lap Pad and straightening your legs until standing at the start position.

TIPS AND ANSWERS TO FREQUENTLY ASKED QUESTIONS

WHAT SHOULD I DO WHILE INVERTED?

RELAX. BREATHE. STRETCH. DECOMPRESS. MOVE. EXERCISE.

- For maximum decompression, breathe deeply and relax the muscles in the lower back and shoulders.
- Movement is recommended to encourage relaxation, stimulation of circulation and lymph flow.
- It is important to listen to your own body. Everyone is unique and your own body will tell you when you've had enough.
- You may want to increase your duration of use over a period of time. However, inversion is NOT a no pain, no gain activity. Always listen to your body's response to inversion and ascend if you feel anxiety, discomfort, dizziness or pain.

HOW LONG AND HOW OFTEN SHOULD YOU INVERT?

Begin with 1-2 minutes per session and advance only as you feel comfortable. Keep in mind that frequency (inverting more often) is more important than duration (inverting for longer periods of time). We recommend routinely inverting with the DEX II™ several times a day. Over time, work up to 3-5 minutes… or as long as it takes for your muscles to relax and release. Listen and respond to your body. Remember that inversion is about relaxation and enjoyment!

HOW LONG BEFORE YOU FEEL THE BENEFITS?

Given time, your body has an amazing ability to heal itself. But like starting a new exercise program, it can take some time to see the results. Stick with it, invert often and be patient. Work on getting your body to relax and release – that is how you will experience the most benefits. Some people feel the benefits immediately and some may need 2-3 weeks before their bodies begin to adapt.

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If you have any problems assembling the equipment, or questions about its use, please contact customer service at:

USA: Teeter
Toll Free (Phone) 800-847-0143
(Fax) 800-847-0188
info@teeter-inversion.com
www.teeter-inversion.com

International: Inversion International, Ltd.
(Phone) +1-242-362-1001
(Fax) +1-242-362-1002
info@InversionInternational.com
www.InversionInternational.com

Assembly Instructions & User Manual

DEX II™ | decompression and extension

Pour télécharger et imprimer les instructions de montage du dossier DEX II en français, rendezvous sur teeter-inversion.com

Para descargar e imprimir las instrucciones de montaje de DEX II en español, visite teeter-inversion.com

FULL 5 YEAR WARRANTY

BEFORE YOU BEGIN: These instructions will guide you in properly assembling the DEX II™. Please review all the steps before beginning assembly. Carefully adhere to the Assembly Instructions and User Manual to help ensure user security and product integrity.

IMPORTANT SAFETY INSTRUCTIONS

READ ALL INSTRUCTIONS BEFORE USING THE INVERSION TABLE.

⚠WARNING

WARNING - To reduce the risk of injury to persons:

- Read and understand all the instructions, review all other accompanying documents, and inspect the equipment before using the DEX II™. It is your responsibility to familiarize yourself with the proper use of this equipment and the inherent risks of inversion, such as falling on your head or neck, pinching, entrapment, or equipment failure. It is the responsibility of the owner to ensure that all users of the product are fully informed about the proper use of the equipment and all safety precautions.
- Close supervision is necessary when the DEX II™ is used near children, or by or near invalids or disabled persons.
- Use the DEX II™ only for its intended use as described in this manual. **DO NOT** use attachments not recommended by the manufacturer.
- **NEVER** drop or insert any object into any opening.
- **DO NOT** use or store product outdoors.
- **DO NOT** use if you are over 6 ft 6 in (198 cm) or over 300 lbs. (136 kg). Structural failure could occur or head/neck may impact the floor during inversion.
- **DO NOT** allow children to use this machine.
- Keep children, bystanders, and pets away from machine while in use.
- Keep body parts, hair, loose clothing and jewelry clear of all moving parts.
- The DEX II™ has no user serviceable parts.
- This product is intended for indoor home use only. **DO NOT** use in any commercial, rental or institutional setting.
- **PRIOR TO USE**, test and inspect the equipment. Make sure the Lap Pad rotates smoothly.
- **DO NOT** use the equipment without a licensed physician's approval and a review of the medical contraindications, as noted in the User Manual section on page 8.
- Failure to assemble and/or use the equipment as directed may void the manufacturer's warranty on this product and could result in injury or death.
- Choose a level surface for assembling and operating the DEX II™.
- Follow each step in sequence. **DO NOT** skip ahead.
- Make sure that all fasteners are secure.
- **ALWAYS** test and inspect the equipment.
- **ALWAYS** replace defective components immediately and/or keep the equipment out of use until repair.

FAILURE TO FOLLOW INSTRUCTIONS AND WARNINGS COULD RESULT IN SERIOUS INJURY OR DEATH.

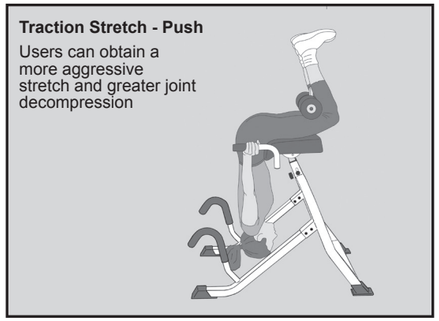
SAVE THESE INSTRUCTIONS

USER MANUAL

STRETCHING & EXERCISING ON THE DEX II™

Depending upon your current fitness level and goals, you may want to try advanced stretching exercises on the DEX II™. Proper form is key for effective stretching and strengthening, and that is why it is essential that you are familiar in mounting, inverting, and dismounting before attempting the following exercises.

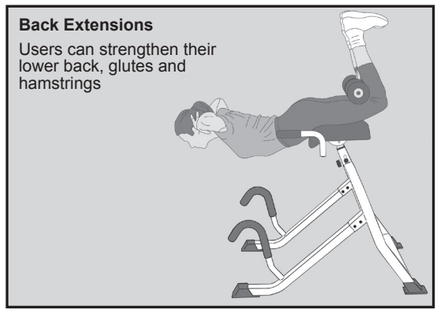
Limit all activities to smooth movements. Aggressive exercises that involve a lot of body movement could cause the DEX II™ to tip over resulting in serious injury or death.



Traction Stretch - Push
- Hang fully inverted and relax.
- Gently push against the Traction Handles located at the side of the Lap Pad.

Alternative: Traction Stretch - Pull
- Hang fully inverted and relax.
- Place your elbows under the Cane Shaped Handles and gently push against the Handles.

Helpful Hints: Stretch, hold 10 seconds and release, repeating several times to achieve the desired stretch. Relax and breathe deeply.

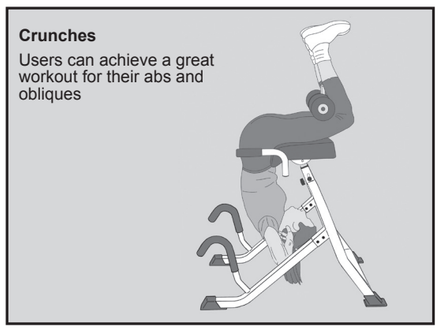


Back Extensions
- Hang fully inverted with hands crossed on your chest or folded behind your head.
- Tighten glutes and back and lift torso up slowly into extension. Make sure to keep abdominal muscles engaged to support spine while extended.

Important: While the DEX II™ is designed to reduce the chance of hyperextension, it is important that you perform this exercise in a slow and controlled manner. DO NOT use body momentum for the extension or extend past parallel with the floor.

Alternative: Back Extensions - Rotation
- Slightly rotate your torso when extending to work the back extensors and external oblique abdominal muscles.

Helpful Hints: Extend, hold and release, repeating as desired to meet your workout goals.



Abdominal Crunches
- Hang fully inverted with hands crossed on your chest or folded behind your head.
- Contract your abdominal muscles, crunching inward toward the support posts.

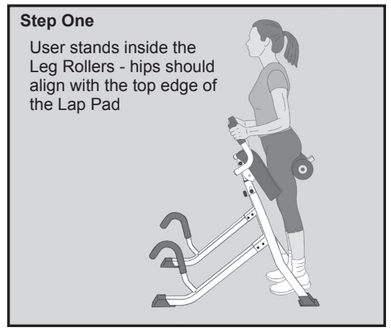
Alternative: Abdominal Crunch - Rotation
- Slightly rotate your torso when crunching to work the rectus abdominus and external oblique muscles.

Helpful Hints: Contract, hold and release, repeating as desired to meet your workout goals.

Important: DO NOT strain your neck by pulling on your head.

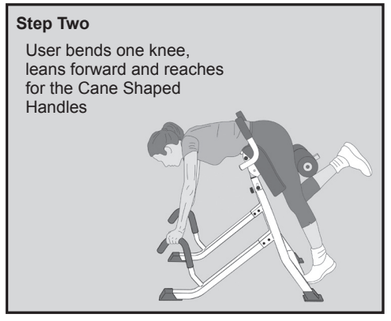
HOW TO INVERT

The DEX II™ operates strictly under user control - that is, you are able to rotate the unit as slow or as fast as you desire. You will need to use the strength of your arms to lower your body down and to return upright. If you are unsure about your ability to operate the equipment properly, always have a spotter nearby or discontinue the use of the equipment.



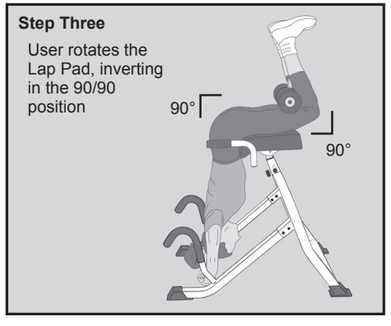
Step One

- Step onto the cross bar of the Base Frame with thighs between the Leg Rollers and Lap Pad.
- Determine whether the width between the Leg Rollers and Lap Pad is comfortable. Adjust if necessary.
- Determine whether the Lap Pad is at the correct height. Your hips should be the same height as the top edge of the Lap Pad. Adjust if necessary.



Step Two

- To begin inversion, bend one knee and slowly lean forward to grab hold of the Cane Shaped Handles.
- While holding the Cane Shaped Handles and supporting your weight, continue to slowly lean forward and rotate the Lap Pad while lifting and bending the other leg.



Step Three

- Continue rotation until the Lap Pad reaches the stop position. Your body weight will now be supported by your thighs.
- Keep both knees bent around the Leg Rollers. Allow your hands to dangle on the floor or place them folded behind your head.

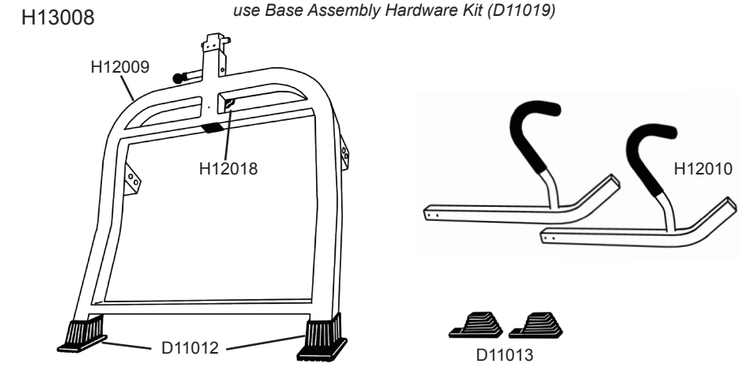
  It is important to maintain bent knees to help support your body while inverted. Failure to do so could result in serious injury or death!

Carefully remove the individual parts from the carton. You should have all of the items listed below. If any items are missing or damaged, contact your retailer or customer service directly.

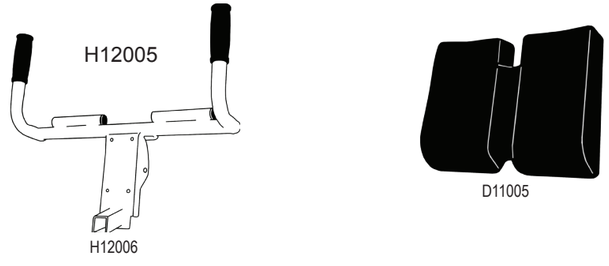
ITEM NAME	ITEM NUMBER
Base Assembly	**H13008**
Base Frame	H12009
Height Adjustment Knob	H12018
Two (2) Base Feet	D11012
Two (2) Legs	H12010
Two (2) Leg Feet	D11013
Base Assembly Hardware Kit	D11019
Bolts (4), Bolt Caps (4), Lock Washers (4), Washers (4)	
Tools Provided for Assembly	
Two (2) Wrenches (13/14mm)	H12014
Screwdriver	H12015

ITEM NAME	ITEM NUMBER
Lap Pad Assembly	**H12005**
Lap Pad Frame	H12006
Lap Pad	D11005
Lap Pad Assembly Hardware Kit	D11020
Bolt (1), Flat Washer (2), Spacer (2), Nut (1), Screws (4)	
Leg Support Assembly	**H12000**
Leg Width Adjustment Knob	H12016
Leg Support Assembly Hardware Kit	D11021
Flat Washers (2), Bolts (2)	

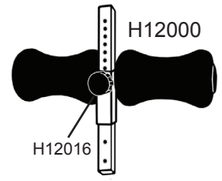
Base Assembly
use Base Assembly Hardware Kit (D11019)



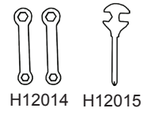
Lap Pad Assembly
use Lap Pad Assembly Hardware Kit (D11020)



Leg Support Assembly
use Leg Support Assembly Hardware Kit (D11021)



Tools Provided for Assembly



Note: Some parts shown may not be in proportion to other parts.

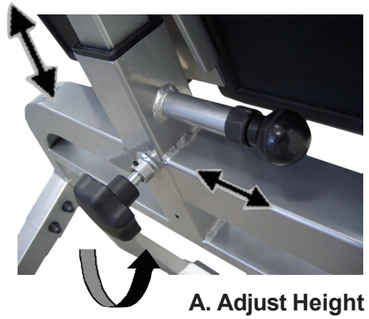
Before reading further, study the drawing below to familiarize yourself with the important components of your new DEX II™.

Identifying Parts and Components

1	Leg Rollers	7	Height Adjustment Handle
2	Leg Width Adjustment Knob	8	Locking Pin
3	Lap Pad	9	Height Adjustment Knob
4	Chrome Shaft	10	Cane Shaped Handles
5	Base Feet	11	Leg Feet
6	Traction Handles		

CUSTOMIZE ADJUSTMENT SETTINGS

The DEX II™ features two adjustment settings that allow you to properly adjust the equipment for your body type. Make sure the equipment is properly adjusted every time you use the equipment by doing the following procedures:

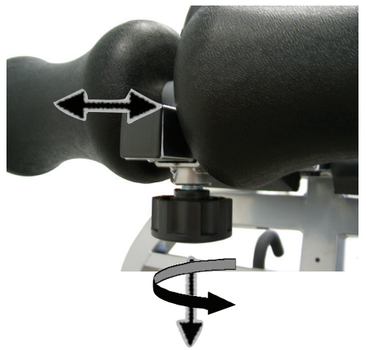


A. Adjust Height

LAP PAD: Adjust the height

The Lap Pad needs to be adjusted so that your hips are aligned with the top edge of the Lap Pad.

1. Loosen the Height Adjustment Knob by rotating it several turns counterclockwise.
2. Pull the locking pin for the Chrome Shaft while lifting or lowering the Lap Pad by the Height Adjustment Handle on the back of the Lap Pad.
3. Select a height setting so that your hips are at the same height as the top edge of the Lap Pad.
4. Release the Locking Pin so that it engages fully into one of the height settings. Tighten the Height Adjustment Knob by rotating clockwise.
5. Make sure the Locking Pin is fully engaged and the Height Adjustment Knob is tightened prior to use. Failure to do so could result in serious injury!



B. Adjust Leg Width

LEG ROLLERS: Adjust the width

The Leg Rollers need to be adjusted so that your legs fit comfortably between the rollers and Lap Pad.

1. Loosen the Leg Width Adjustment Knob by rotating it several turns counterclockwise.
2. Pull out on the Leg Width Adjustment Knob and slide the Leg Rollers in or out depending on your leg width and comfort.
3. Release the Leg Width Adjustment Knob so that it engages fully into one of the hole settings. Tighten the Leg Width Adjustment Knob by rotating clockwise.
4. Make sure the Leg Width Adjustment Knob is fully engaged and tightened prior to use. Failure to do so could result in serious injury!

IMPORTANT SAFETY INSTRUCTIONS

Important: Please read all instructions before using the DEX II™.

⚠WARNING

FAILURE TO FOLLOW INSTRUCTIONS AND WARNINGS COULD RESULT IN SERIOUS INJURY OR DEATH.

WARNING—To reduce the risk of injury to persons:

- Read and understand all the instructions, review all accompanying documents, and inspect the equipment before using the DEX II™. It is your responsibility to familiarize yourself with the proper use of this equipment and the inherent risks of inversion, such as falling on your head or neck, pinching, entrapment, or equipment failure. It is the responsibility of the owner to ensure that all users of the product are fully informed about the proper use of the equipment and all safety precautions.
- **DO NOT** use the equipment without a licensed physician's approval. Carefully review the following list of medical contraindications for inversion with your licensed physician: (This is not an exhaustive list, it is intended only for reference)

· Middle ear infection	· Glaucoma	· Heart or circulatory disorders	· Bone weakness (osteoporosis)
· Extreme obesity	· Retinal detachment	· Spinal injury	· Recent or unhealed fractures
· Pregnancy	· Conjunctivitis	· Cerebral sclerosis	· Medullary pins
· Hiatal hernia	· High blood pressure	· Acutely swollen joints	· Surgically implanted orthopedic supports
· Ventral hernia	· Hypertension	· Recent stroke or transient ischemic attack	· Use of anticoagulants (including high doses of aspirin)

- Close supervision is necessary when the DEX II™ is used near children, or by or near invalids or disabled persons.
- Use the DEX II™ only for its intended use as described in this manual. **DO NOT** use attachments not recommended by the manufacturer.
- **NEVER** drop or insert any object into any opening.
- **DO NOT** use or store product outdoors.
- **DO NOT** use if you are over 6 ft 6 in (198 cm) or over 300 lbs (136 kg). Structural failure could occur or head/neck may impact the floor during inversion.
- **DO NOT** allow children to use this machine.
- Keep children, bystanders, and pets away from the machine while in use.
- Keep body parts, hair, loose clothing and jewelry clear of all moving parts.
- The DEX II™ has no user serviceable parts.
- This product is intended for home use only. DO NOT use in any commercial, rental or institutional setting.
- **DO NOT** operate equipment while under the influence of drugs, alcohol, or medication that may cause drowsiness or disorientation.
- **ALWAYS** inspect the equipment prior to use. Make sure all fasteners are secure.
- **ALWAYS** replace defective components immediately and/or keep the equipment out of use until repair.
- **ALWAYS** position equipment on a level surface and away from water or ledges that could lead to accidental immersion or falls.
- **ALWAYS** make sure the equipment is properly adjusted to the correct user settings prior to each use.
- **DO NOT** use aggressive movements, or use weights, elastic bands or any other exercise or stretching device while on the DEX II™.
- New users, and users who are physically or mentally compromised, will require the assistance of a partner or spotter until comfortable with the operation of the equipment.
- If you feel pain or become light-headed or dizzy while inverting, immediately return to the upright position for recovery and eventual dismount.
- Refer to additional warning notices posted on the equipment. If a product label or Assembly Instructions & User Manual should become lost, damaged or illegible, contact Customer Service for replacement.

Important: Please review all labels and supporting materials before using your DEX II™.

This drawing indicates the locations of the warning labels found on your product.

If a label is missing, illegible or is removed, contact Customer Service at the phone number or website found on the last page to request a replacement label.

Note: Image and labels below not shown at actual size.

⚠WARNING
WARNING - To reduce the risk of personal injury or death:
• Read and understand all the instructions before using the DEX II™. It is your responsibility to familiarize yourself with the proper use of the equipment and the inherent risks of inversion, such as falling on your head or neck, pinching, entrapment or equipment failure.
• Do not allow children to use the machine.
• Keep children, bystanders, and pets away from the machine while in use.
• Keep body parts, hair, loose clothing and jewelry clear of all moving parts.
• Height/Weight Capacity: 4 ft 8 in - 6 ft 6 in (142 - 198 cm); 300 lb (136 kg).
• This product is for consumer, indoor household use only.
Replace Labels & Owner's Manual if Damaged, Illegible, or Removed.
Teeter, 9902 162nd St Ct E, Puyallup, WA 98375; 800.847.0143; teeter.com
Do Not Place Hands Here
Do Not Place Hands Here
Do Not Over-Tighten
Do Not Over-Tighten
DEX II™ decompression & extension
TEETER
Hang ups
US Pats 6,685,603 B1; CN 03280713.0; TW 162423240
SERIAL # / EN SÉRIE / NÚMERO DE SERIE
ST-

BEFORE BEGINNING ASSEMBLY

Unpack and Prepare Your Workspace

- If possible, set up the product at or near the space in which you intend to use it to avoid moving it later.
- Unpack all parts and support materials. Set aside packing materials and clear your work area.
- Locate the Hardware Kits, packaged with the manuals. They are labeled to correspond with the assembly process.

STEP ①

Assemble the Feet onto the Base Frame and the Legs

- Slide the Base Feet onto the Base Frame. (See Figure 1A)
- Slide the Leg Feet onto the end of the Legs with the cane handle. (See Figure 1B)
- Push firmly on all four feet to ensure they are fully mounted.

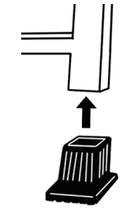


Figure 1A

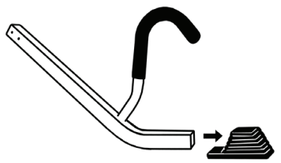
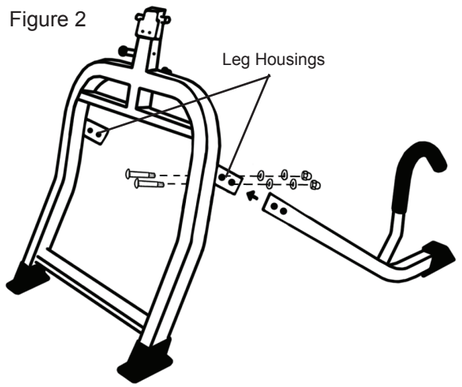


Figure 1B

Figure 2



STEP ②

Attach the Legs to the Base Frame

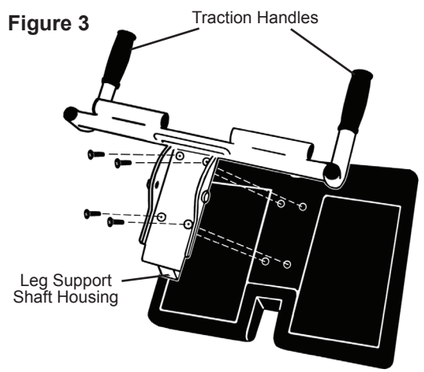
- Locate the *Base Assembly Hardware Kit* (D11019).
- With the cane handle facing upward, insert one Leg into a Leg Housing of the Base Frame until the two holes in the Leg Housing align with the holes at the top of the Leg. (See Figure 2)
- Insert two Threaded Bolts from the inside of the Leg Housing through the holes. Secure on the outside of the Leg Housing using the Flat Washer, Lock Washer and Bolt Cap, in that order. Tighten with the Wrenches provided.
- Repeat with the other Leg.

STEP ③

Assemble the Lap Pad to the Lap Pad Frame

- Locate the *Lap Pad Assembly Hardware Kit* (D11020).
- In this step, you will only use the four (4) small screws.
- With the Lap Pad face down, rest the Lap Pad Frame on top of the Lap Pad. Make sure the Traction Handles are pointing up and the Leg Support Shaft Housing rests inside the indented area of the Lap Pad. Align the holes of the Lap Pad Frame with the holes in the bottom of the Lap Pad. (See Figure 3)
- Insert the Lap Pad Screws through the holes and tighten with the Screwdriver.

Figure 3



STEP ④

Secure the Lap Pad Assembly to the Base Frame Assembly

- You will be using the remainder of the *Lap Pad Hardware Kit* (D11020) from Step 3.
- Thread the Hex Bolt through a Flat Washer and Spacer. Make sure the small end of the Spacer faces away from the head end of the Hex Bolt.
- With the Traction Handles facing the rear of the Base Frame Assembly, place the Lap Pad Assembly over the Chrome Shaft of the Base Frame and align the holes. (See Figure 4)
- Insert the Hex Bolt with Flat Washer and Spacer through the holes, securing the Lap Pad Assembly to the Chrome Shaft. Thread the remaining Spacer (with the small end facing the Chrome Shaft) and Flat Washer onto the end of the Hex Bolt. Fasten the Hex Nut using the wrenches provided. (See Figure 4A for close-up view)
- Make sure the fasteners are securely tightened and the Lap Pad rotates smoothly.

Figure 4

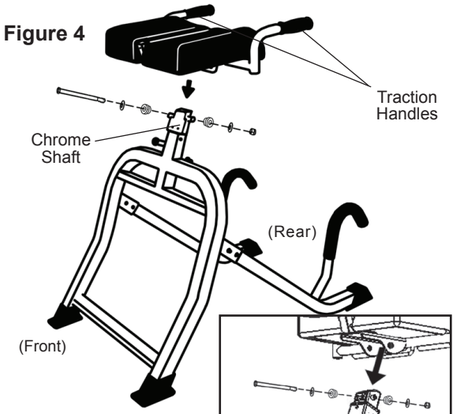
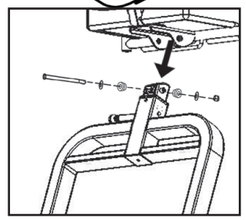


Figure 4A



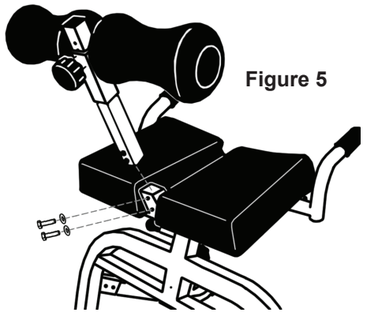


Figure 5

STEP ⑤

Attach the Leg Support Assembly to the Lap Pad Assembly

- Locate the *Leg Support Assembly Hardware Kit* (D11021).
- Thread the washers onto the bolts.
- With the Leg Width Adjustment Knob facing down, slide the Leg Support Shaft into the receiving end of the Lap Pad Assembly. (See Figure 5)
- Lining up the two holes, insert the Hex Bolts with washers. Secure with one of the wrenches provided.
- Test the Lap Pad for smooth and steady rotation.
- Ensure that all fasteners are secure.

PRIOR TO USING YOUR DEX II™

The assembly of the DEX II™ is now complete! Please remember to register your product online at www.teeter-inversion.com.

⚠WARNING

Read the Owner's Manual thoroughly before using your Teeter Hang Ups DEX II™. Improper settings could result in serious injury or death!